




SECOND HARVEST
of SILICON VALLEY

September 2021 | HUNGER ACTION MONTH

TAKE A SLICE OUT OF HUNGER: 30 Ways in 30 Days



SUN	MON	TUE	WED	THUR	FRI	SAT	
<p>Our Mission: <i>Lead our community to ensure that anyone who needs a healthy meal can get one.</i></p>			<p>1 DID YOU KNOW: \$1 helps provide 2 meals make an impact and host a virtual food drive</p>	<p>2 Stay informed and follow us on Linkedin</p>	<p>3 Promote food resources and share nutrition education by becoming a Health Ambassador today!</p>	<p>4 Sign up to volunteer at these most needed sites</p>	
<p>5 Help your neighbors access free, healthy food by sharing our food connection form</p>	<p>6 LABOR DAY Check if your employer has a matching gift program</p>	<p>7 Review our list of partner agencies</p>	<p>8 Follow us on social media @2ndharvest </p>	<p>9 Post a selfie or IG story of you volunteering include #hungeractionmonth @2ndharvest</p>	<p>10 Sign onto the FRAC letter supporting Universal School Meals at the federal level</p>	<p>11 Advocate for your neighbors and read our policy agenda</p>	
<p>12 Find out if you are eligible for CalFresh</p>	<p>13 Learn about all the ways you can help</p>	<p>14 DID YOU KNOW: We distribute food through over 300 partners at more than 900 sites to reach people in nearly every corner of Silicon Valley, from Daly City to Gilroy</p>	<p>15 SUBSCRIBE - sign up to receive our emails to stay informed</p>	<p>16 Help seniors and other homebound clients through home delivery volunteering</p>	<p>17 HUNGER ACTION DAY! Help us take a slice out of hunger and donate today</p>		<p>18 DID YOU KNOW: 95% of contributions go to client programs.</p>
<p>19 Read about the Thrifty Food Plan</p>	<p>20 Listen to Tracy's KQED interview about hunger in the Bay Area and the historic modernization of SNAP benefits</p>	<p>21 Learn about how we keep our volunteering safe through our safety guidelines</p>	<p>22 Share a photo enjoying a meal from school to celebrate #SchoolMeals4All in California!</p>	<p>23 Learn more about how important access to food is through our client stories</p>	<p>24 Volunteer at our warehouse to help us sort and box fresh produce</p>	<p>25 Learn about the importance of breakfast in the classroom through our Breakfast Report</p>	
<p>26 Read about the 25% increase in CalFresh benefits</p>	<p>27 Volunteer at one of our distribution sites to help give your community nutritious food</p>	<p>28 Visit our nutrition center for tips, nutritional resources and recipes</p>	<p>29 DID YOU KNOW: 1 dollar helps provide enough food for 2 meals</p>	<p>30 Help your neighbors access healthy groceries by sharing our CalFresh form</p>			